**Unit 3: Personal Wellness/Setting Goals Links**

1. [Wellness Basics](https://nextsteps-nh.org/wp-content/uploads/Habits-Unit-8-Wellness-Basics.pdf)
2. [Personal Wellness Inventory](https://www.pecentral.org/lessonideas/ViewLesson.asp?ID=132949#.XwXnmUVKjIU)
3. [Project School Wellness Curriculum Program](https://www.projectschoolwellness.com/the-project-school-wellness-curriculum-is-finally-here-plus-a-freebie/)
4. [Short and Long Term Goal Worksheet](http://www.fldoe.org/core/fileparse.php/7531/urlt/short-long-term-goal-setting.pdf)
5. [Goal Setting Worksheet](http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-9-12-model.pdf)
6. [Setting Goals](https://cfwv.com/images/wv/pdfs/rts/Facilitators_Guides/grade_9/G9_Unit2_SettingGoals.pdf)
7. [S.M.A.R.T. Goals](https://www.teachervision.com/blog/morning-announcements/an-interactive-lesson-plan-for-teaching-students-how-to-set-smart-goals)